

A PAL HEALTH BOOK



THE BODY MACHINE

CARE & MAINTENANCE

PAL HEALTH SERIES

THE BODY MACHINE

CARE & MAINTENANCE BOOK TWO

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1. HORSE HENDERSON



Meet "Horse" Henderson. Horse's real name is Carl. But everyone calls him Horse. Carl really doesn't like his nickname. But he's a big guy. He thought that's why everyone called him Horse.

Horse does pretty well on a basketball court. But he has a serious problem. And it has nothing to do with basketball!

Horse feels left out. Other students often go out together to parties, dances, the movies. But no one ever asks Horse to go along. After school and on weekends, Horse is on his own.

Horse was pretty lonely. Then something happened that changed his life. He walked into class one day and there sat *Sandy Storm*. Sandy was a new student. Horse nearly flipped. He saw stars. He heard bells ringing. Rockets went off. Horse had fallen in love!

For the rest of the week, Horse couldn't think of anything but Sandy. He wanted to ask her out on a date to a movie, a game, anywhere! But he was afraid. What if she said no? What if she laughed? Horse couldn't take the chance.

Finally Horse came up with a plan. Sandy and Rita Rivers had become good friends. He'd talk to Rita. Maybe she could find out if Sandy would go out with him. It was worth a try. (Read the comic strip on the right.)

After all this time, Horse was finally learning. Now he knew why he didn't have friends—why he wasn't invited to parties.

Horse had always heard a lot about proper body care on TV,



COME ON, RITA. THIS IS SERIOUS. YOU KNOW THAT NEW GIRL, SANDY STORM? DO YOU THINK...UM-MM--IF I--AH-AH--DO YOU THINK SHE'D GO OUT WITH ME?



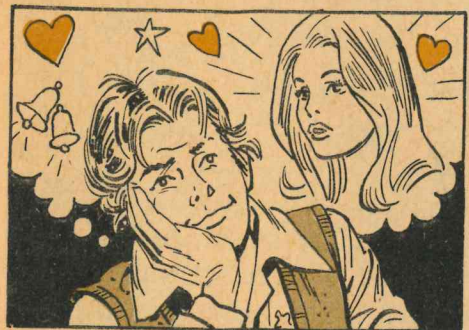
HAH? WHAT DOES THAT MEAN? IT MEANS HAH! WHY SHOULD SHE? WHO'D EVER WANT TO GET CLOSE TO YOU? YOU LOOK...AND YOU SMELL LIKE A--A--...!



AARGH! I NEVER KNEW... I NEVER SMELLED ANYTHING...



I'LL SHOW THEM. I'LL SHOW ALL OF THEM! NOBODY'S GONNA CALL ME HORSE AGAIN!



THE MORNING AFTER



at school, and even at home. But he just didn't think it mattered. Besides, he always thought of a hundred reasons why he couldn't wash. There was no bathtub at home. It was too cold. He didn't have time. And on and on and on!

It wasn't that Horse didn't know any better. He knew that the inner-body cleans itself by sweating. He knew that dirt, dust, smoke—even germs—stick to sweat. Layers build up. Sweat mixed with dirt and germs begins to smell.

So Horse made sure he washed—his whole body—every day. No matter what happened, he kept it up—day after day. Soon it didn't seem like such a big job after all. Then Horse noticed that his clothes gave off a bad odor. Dirt and sweat stuck to his clothes. So Horse made sure he put on clean underclothes each day too.

ABOUT DEODORANTS

As young people become teenagers, their bodies change. One of these changes makes them sweat more. The added sweat may even smell worse, especially sweat from under the arms.

Because of this, many people use an underarm deodorant. These people say a good deodorant helps stop the sweaty smell. They believe a deodorant keeps sweat out of coats and sweaters. Then these clothes don't have to be cleaned or washed as often. Other people like to use a deodorant just because it makes them feel better about themselves.

But deodorants can't work wonders. They don't work on top of a dirty body. And they're not made to take over the job of keeping people clean. Only a good washing with soap and water can do this.



WHAT DO YOU THINK?

Write the answers to the questions below on the lines shown. Be ready to discuss your answers in class.

1. How often should people take a bath or shower?

2. If someone lives where there's no bathtub or shower, how can they bathe?

3. What are some reasons why some people don't bathe often?

4. What do people say or think about someone who doesn't keep clean?

5. Do people tell others something about what they think of themselves when they don't bathe? What?

6. How might using a deodorant after taking a bath make people feel better about themselves?

Life didn't change much for Horse even though he was washing every day. And he put on clean underclothes too. He felt a lot better about himself. But he was still pretty lonely. And he hadn't forgotten about Sandy Storm. So he decided to talk to Rita Rivers again.



Poor Horse. He thought he had everything figured out. But he hadn't thought about his hair or his nails. So what if they were a little dirty? His nails didn't matter! And he'd always thought dandruff didn't bother anyone.

But if clean hair and nails meant getting a date with lovely Sandy, he'd do anything. Horse headed for a store.



Mr. Mixer: May I help you, young man? I've been watching you from around this corner. You look a little mixed-up.

Horse: Yeah, I am. I don't know which soap will get rid of my dandruff.

Mr. Mixer: You certainly have a problem. Let me see. Has the color of your hair been changed lately? Has it been curled or straightened?

Horse: No--no--no color change, straightening, or curling. I just have dandruff!

Mr. Mixer: Do you have very oily, very dry hair or regular hair?

Horse: I think I only have dandruff!

Mr. Mixer: Come now! It looks a lot worse than that to me. Your head itches a lot, too, doesn't it? And look at all those terrible tight knots in your hair. You probably need a comb and brush as well.

Horse: Thanks, but I have a comb and brush. I have dandruff too. What should I...?

Mr. Mixer: Yes, you should—you should comb and brush your hair daily. Like this!

Horse: Yikes! Yes—Yes. I'll brush. But my dandruff.



Mr. Mixer: Your dandruff? That's the least of your problems. Don't you know that dirt and germs stick to your hair? If they're not brushed and washed out, they chew and break your hair. There's an army of germs waiting to attack. Stop them! Stamp them out before—this happens!

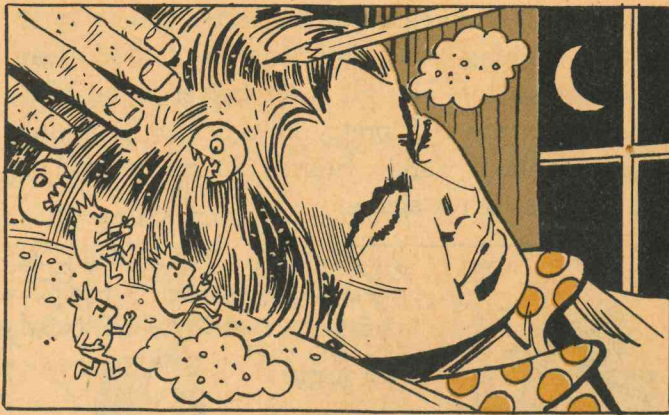
Horse: Yikes! Bye!



That night, Horse didn't get much sleep. He kept thinking about the crazy man in the store. When he finally did fall asleep hours later, he started dreaming. In his dreams, terrible things were happening.

Armies of dirt and germs marched into his hair. They began chewing. Dirt broke off his hair. In other spots, germs pulled out some hair. Soon his head was almost—bald.

Suddenly Horse woke up. He couldn't sleep a minute longer. He headed for the bathroom and washed up. Then he wet his head and rubbed on the shampoo. He scrubbed his whole head. Then he rinsed it in clean water.



Horse shampooed his head again. The first soaping cut through dirt, oil, and dandruff in his hair. The second soaping washed them away. Then he gave his head a last rinse in clean water. Using a clean towel, Horse dried his hair. Then he combed it.

Next Horse got to work on his nails. He cleaned under both his toenails and fingernails. He pushed back each cuticle. He cut this loose skin with a small scissors. He cut the long, nails—straight across.

Then Horse rounded the side of each nail—just a little. He knew that rounding a nail too much at the corners wasn't a smart idea. The short nail edge could grow into his skin and hurt.

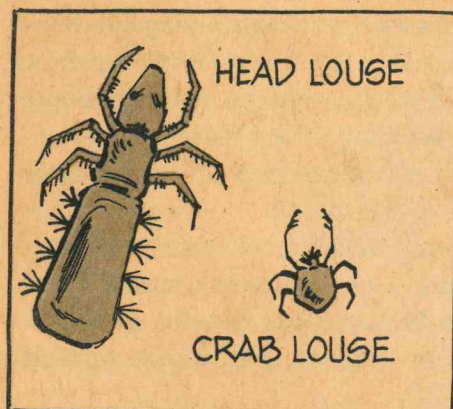
Finally Horse was finished. He took a good look at himself in the mirror. And he liked what he saw. He saw—Carl!

WHAT'S IMPORTANT FOR HAIR CARE?

Read the questions below. Underline the answers that are **wrong**.

1. Why should hair be brushed and combed?
To get rid of dirt and dust.
To spread out hair oil.
To keep hair straight.
2. What do dirt and germs do to the hair?
They curl your hair.
They chew and break hair.
They help cause hair loss.
3. Why should people wash their hair often?
To keep germs from attacking.
To keep the wind from blowing it.
To keep hair looking its best.

SPECIAL PROBLEMS



Horse was lucky. Sometimes poor care leads to other problems—like bugs. Lice are one of the most common bugs. *Head lice*, *body lice*, and *crab lice* like to live in warm, dark places. They travel, too—from person to person and place to place. The battle isn't won until every last bug is gone!

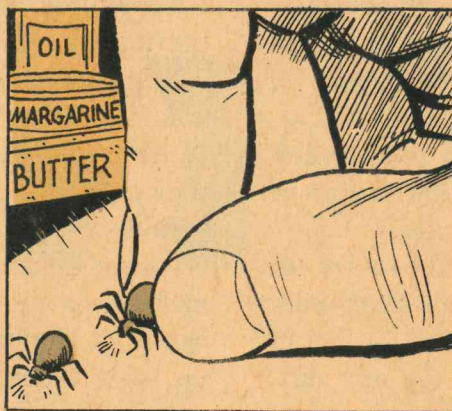
Besides all the work it takes to get rid of lice, they can cause other problems. They bite. And the bites itch! Scratching itchy lice bites breaks open the skin. This lets germs in the air get into the body.

To stop itchiness, some people mix *cornstarch* or *baking soda* in their bathwater or in a pan of water. Washing with this mixture helps stop the itchiness. These products can be bought at a grocery store.

Ticks are another kind of bad bug. Ticks are a lot like lice because they like warm, dark places to live. But ticks act differently. Lice bite and run. But ticks bite and bury their heads under the skin of the person they've bitten.

Ticks should never be pulled out or scraped off. This gets rid of their bodies. But their heads stay buried in the skin. Germs in the tick's head get into the body. These germs can cause pain and sickness.

The best way to get rid of a tick is to cover it. Use something oily like butter or cooking oil. Put one of these oils on the tick and the surrounding skin. This cuts off the tick's air supply. Soon the whole tick will fall off. Then the bite should be washed with the baking soda or cornstarch mixture described before.



Besides bugs, germs are always ready to attack your body too. Poor care gives them the chance they've been waiting for. They multiply. Then they attack. One of the diseases they cause is called *ringworm*.

When ringworm germs attack, skin patches fill with water and bubble up. The top of the skin patch gets thick and dry. It may itch. And the germs spread quickly to hair, skin, and even fingernails.

Because ringworm spreads so fast, it needs to be stopped fast. Some drugstores sell medicine that will kill ringworm germs. But often, if the disease is spreading, it needs a doctor's care. Only a doctor can get the right kind of medicine that's needed to kill an army of ringworm germs.

MONDAY MORNING...



2. THE BODY SEEKERS



People usually rush for help if they get a large cut, a serious burn, or a deep scratch. But many people don't know that smaller cuts and scratches can lead to serious problems too.

Any skin opening—no matter how small—can be dangerous! The opening lets germs into the body. Germs multiply in the opening. They may cause an *infection* (in-FEK-shun). These germs can get carried to other parts of the body by the blood. A fever means the infection has spread throughout the body. This can cause serious illness and even death.

At first an infected area gets red and feels warm. It may fill up with a thick, yellow liquid called *pus*. Pus is made up of germs and the white blood cells that have been fighting the germs.

A bad infection should be treated by a doctor. If you can't get to one, put a hot, wet cloth on the infected area. The cloth should first be soaked in water that's been boiled for ten minutes.

It's a lot easier—and less painful—to try to keep from getting an infection. Wash small cuts and scratches right after they happen. Use lots of soap and water—even if you don't see any dirt.

Then cover the area with a clean bandage. A bandage helps keep the area free from dirt and germs.

But cleaning a cut may not be enough. Some cuts go deep—deeper than soapy water can reach. Many times these wounds don't "look" serious because they don't bleed much.

Wounds that don't bleed much can happen in many ways. Getting a pin prick can cause them. So can a cut from broken glass, plastic, or metal. But no matter how they happen, these wounds spell D-A-N-G-E-R!

Certain germs that get into the body through skin wounds cause a disease called *tetanus* (TET-en-uhs) or *lockjaw*.

Tetanus is a DEADLY disease! There is no known cure for it. But doctors can give people a special shot to keep them from getting tetanus (see page 25).

Blisters and boils can lead to infections too. Blisters develop when an area of skin is rubbed or pinched too hard. The area fills with water or blood and the skin bubbles up. These skin bubbles should be washed and carefully covered with a clean bandage.

Sometimes blisters break open. If they're not taken care of, germs may enter. If the germs spread through the body, they can cause a serious sickness called *blood poisoning*. People who have blood poisoning are in danger. They need a doctor's help fast!

Boils make the skin area bubble up too. But boils are caused by infections. The skin bubbles up because the area is filled with pus. Later, the center of the boil hardens. If a boil doesn't clear up, see a doctor.

DO YOU KNOW WHAT TO DO?

1. You get a blister because your new shoes don't fit right and rub against your heel. How will you take care of the blister?

2. You step on a sharp piece of glass. The cut is deep, but doesn't bleed much. What will you do?

3. You think your cut finger is infected, but you're not sure. How would an infection look and feel?

4. You want to explain to a friend why it's important to take care of all small cuts and scratches. What would you say?

CHECKING THE BURN FACTS

If someone said *burn*, what word would you think of first? Many people would say *fire*. But fires aren't the only way people get burned. Boiling water or oil and hot stoves or engines can cause burns. So can some chemicals, electricity—even the sun.

Burns are measured in different ways. The *percent (%)* tells *how much* of the body's skin is burned. A burn that covers 5% of the body's skin isn't as serious as a burn that covers 60% of the

body. A 60% burn means that more than half the skin on the body is burned. **Burns that cover a large part of the body always need a doctor's care.**

The *degree* of burn tells *how serious* a burn is. A *first-degree burn* is least serious. A *third-degree burn* is most serious. The degree tells how deep the burn goes. The information that is given below will tell you more about the different degrees of burns and how to care for them.

A FIRST-DEGREE BURN

How it acts:

The burned area of skin turns red and feels hot. Rubbing or touching the area makes it hurt even more. The skin is not broken open.



What to do:

Run lots of very cold water over the burned area or put a piece of ice on it. Or you may want to soak the burn in a bowl of cold water or wrap it in towels that have been soaked in cold water.

Cold water does more than cool a burn. It keeps air away. Air makes a burn hurt more. That's why some people put a plastic bag or other kind of plastic wrap around a burn. You can buy medicine for these burns. Find out what kind of medicine is best by asking a salesperson at a drugstore for help.

A SECOND-DEGREE BURN

How it acts:

The burned area turns red and feels hot. It can be more painful than a first-degree burn. This time the skin blisters because the burn is deeper. The blisters may or may not break open.

What to do:

DO NOT open the blisters. Mix two tablespoons of baking soda in a quart of water. Soak a clean cloth in the mixture. Put the cloth over the burn and tie loosely. Then cover the cloth with a bandage of clean plastic wrap.



If the blisters have already broken open, cover the burn. Use a thick, DRY cloth. Then cover the cloth with a plastic wrap. This covering will protect the burn from air and germs.

A THIRD-DEGREE BURN

How it acts:

The burned area may be black and smell burned. Part of the skin is completely burned off. Skin areas nearby may blister or turn red.



What to do:

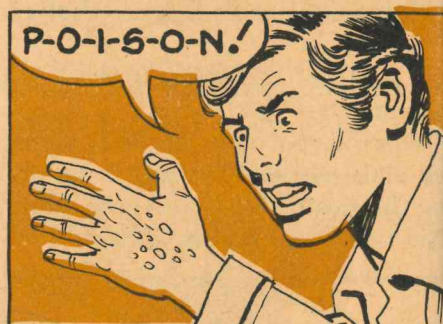
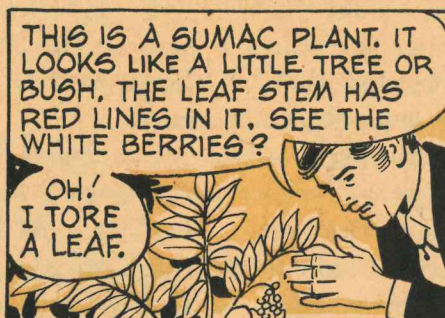
Cover the burn with a thick, dry cloth or clean plastic wrap to keep air and germs away. Don't try to remove any clothing that's gotten stuck in the burn or on the burned area. Only a doctor should do this. Bandage over clothing.

DO NOT put water on the open burn. DO NOT put medicine on the burn. DO NOT put butter or margarine on ANY burn. The salt in butter makes a burn hurt more. **GET HELP RIGHT AWAY!**

UNDERLINE ALL THE RIGHT ANSWERS

1. A first-degree burn isn't as serious as a second-degree burn because it doesn't hurt.
it doesn't blister.
2. To take care of a third-degree burn
put it in cold water.
put butter on it.
put a dry cloth on it.
3. All burns should be covered because
this keeps them dry.
this keeps out air and germs.
4. Never put butter on a burn because
the butter is too oily.
the salt makes the burn hurt more.
butter doesn't have enough salt.
5. A third-degree burn is the most serious
because skin is burned away.
because skin turns red all over.
6. Putting cold water or ice on a first-degree burn helps to
keep germs away.
cool the burn.
add more blood.

WISEMAN KEEPS IN TOUCH



WISEMAN'S TROUBLES

Poor Wiseman. He remembered which ivy, oak, and sumac plants are poisonous—a little too late! He'd already rubbed or torn the leaves. Then he made the mistake of scratching the itchy rashes. That spread the poison everywhere!

Wiseman won't be appearing on the news for a while. His friends don't even want him to visit the TV station. They could pick up the poison from desks, chairs, doors—anything Wiseman might touch. So no one wants Wiseman around to touch anything!

Wiseman may have to stay at home alone for a while. But he'll be busy. It will take a good washing to get the poison out of all of his clothes. He'll keep busy taking care of his itchy skin rashes too. Maybe next time, Wiseman will be a wiser man!

WISEMAN'S TIPS

1. Washing the body part that touched the plants with soap and water helps get rid of the poison. Naptha (brown) soap is particularly good for this. But wash with care. Letting soapy water run over other skin areas spreads the poison.
2. Medicine called calamine (KAL-uh-mighn) lotion will help stop the itchiness. Rubbing alcohol can be put on the skin rash too. These products can be purchased at a drugstore.
3. Calamine lotion can be used on itchy insect bites too. Insect bites shouldn't be scratched either. Some people use a wet cloth dipped in ammonia or a piece of ice to stop this itchiness. A paste made of baking soda and water helps stop itchiness too.

TAKE A CLOSER LOOK

A poison ivy plant's leaves look very _____. The leaves change color during the year. But _____ leaves always grow together in a group. When they're rubbed or crushed, a sticky white _____ comes out.

A poison oak plant looks a lot like a poison _____ plant. But there is a difference. The leaves of a poison oak plant are so fuzzy, they almost look _____. If you tear one, something that's _____ and poisonous comes out.

A poison sumac plant looks like a _____ or a _____. Its _____ berries hang down when they're ripe. And the leaf stems have _____ lines running through them. Getting this poison on your skin will make you _____.

FRED'S FEET SPEAK



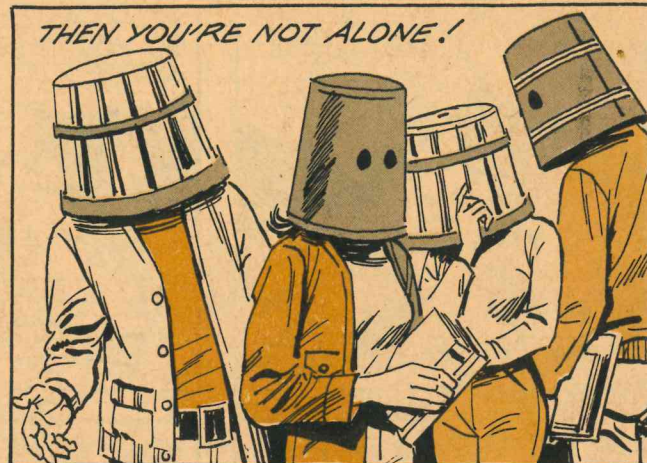
FACT OR OPINION?

A fact is something that's been proved to be true. An opinion is an idea people have which may not be true. Read the sentences below. Put an F on the line if the sentence is a fact. Put O on the line if it's only someone's opinion.

- _____ 1. If it's warm outside, walking around barefoot is good for your feet.
- _____ 2. Washing your feet each day is the only kind of foot care that's important.

- _____ 3. Corns and calluses, hardened spots of skin, are caused by tight shoes.
- _____ 4. Athlete's foot is a disease that only attacks the skin on people's feet.
- _____ 5. Sweat from a person's feet can make even socks and shoes smell terrible.
- _____ 6. You don't need to worry about athlete's foot. It only makes toes itch.
- _____ 7. Unseen germs that are on the floor can attack a person's bare feet.

ANOTHER LOOK



Most people don't care who else has *acne* (AK-nee). Their own bothers them the most. It doesn't even help to know that most people outgrow acne. No one wants to wait that long. Instead, people usually say, "Why me? What's doing it? Make it go away—NOW!"

But not even doctors can make acne just go away! And they can't stop acne from happening. Doctors have some suggestions about caring for acne. And they have found out a lot about what causes it.

Acne is a skin disease. It's caused by fatty oils produced by the body. These oils are supposed to protect the skin. But sometimes during the early teen years, *too much oil* is produced by the body.

The extra oil tries to push its way to the surface of the skin through tiny holes called *pores* (POHRS). But sometimes the oil gets stuck in the pores and can't get out. This is what causes

pimples—blackheads or whiteheads. Later the pimples may become red and sore. If the pimple break open, they can make scars on the skin.



Acne can happen anywhere on the body. Usually it's worse on a person's face or back. But face acne is what bothers people the most.

What should you do about acne? If you feel that your acne is particularly bad, a doctor's help may be needed. Certain medicines a doctor can give may help stop scarring. Doctors also have some tips you can follow to keep acne and scarring down.

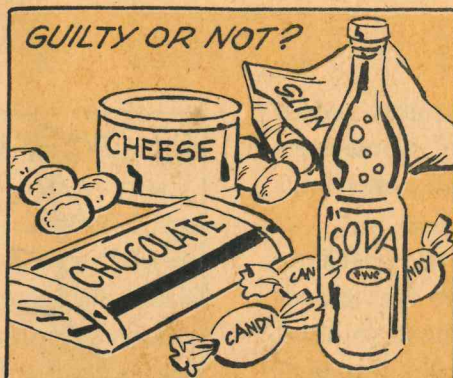
ACNE CARE TIPS

1. Keep all skin areas clean by washing often. If your face gets very oily during the day, use a clean cloth, handkerchief, or a paper towel to wipe off the extra oil.



2. Doctors say you shouldn't squeeze a blackhead or whitehead. Pimples can be squeezed IN as well as out. Many times if left alone, these will clear up by themselves. Then there's less chance of scarring.

3. Some people say that chocolate, nuts, cheese, soda, and candy make their acne worse. Others say it doesn't matter what they eat. If you find out that these foods make *your* acne worse, try not to eat them.



4. Drugstores sell many products that say they'll clear up acne. Usually these products are put on the surface of the skin. Since acne starts under the skin, many of these products don't help. But if you find one that you feel helps, use it.

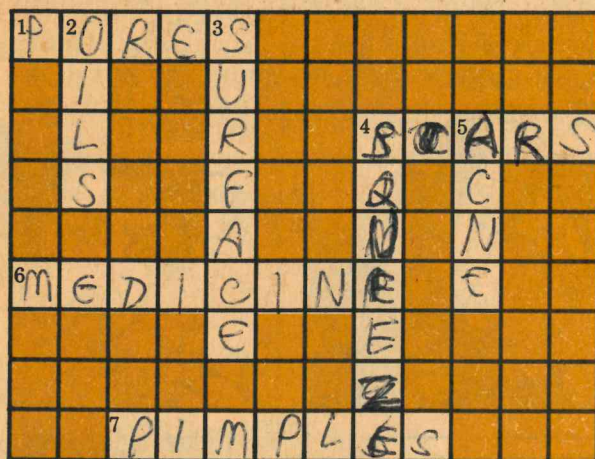


5. *Get enough sleep and exercise.* How many times have you heard *that* before? No—sleep and exercise don't cause or cure acne, say doctors. But getting enough of each will help the rest of your body work right.

6. What you think of *yourself* is very important. Hiding under a basket won't change anything. But understanding why this is a difficult time could help. Seeing a doctor, if necessary, has helped many people too.

CROSSWORD PUZZLE

WORD BANK: squeeze, medicine, pimples, oils, scars, acne, surface, pores.



ACROSS

- tiny holes in the skin
- Sores can make on the skin.
- Something given by doctors to help sick people get well.
- start as blackheads and whiteheads

DOWN

- Fatty are produced by the body.
- top part of skin that's washed
- push hard against
- a skin disease

WHAT DO YOU THINK?

1. Why do you think young people worry about acne on their faces?

2. Why is getting enough sleep important even if it doesn't cause acne?

3. Why do doctors say that you shouldn't squeeze pimples?

4. Why could it be a waste of money to buy drugstore products for acne?

5. If acne happens to most young people, when should someone see a doctor?

6. When would it be important to stop eating foods like candy, soda, chocolate, potato chips, and nuts?

SINK YOUR TEETH INTO THIS

"I know all about it." That's what many people say about dental care. But do they? Sometimes people hang onto old ideas, even when new things have been discovered.

What's your dental care know-how? Check up on it by reading the sentences below. If the sentence is true, put an X in the box next to True. If the sentence is false, put an X in the box next to False. When you're finished, check the facts on the next page.

1. Brushing your teeth three times a day stops tooth decay.

☐ True ☐ False

2. By brushing your teeth carefully each day, you'll stop white matter from hardening around teeth near the gums.

☐ True ☐ False

3. Most of the time people lose their teeth because they get too many cavities.

☐ True ☐ False

4. A hard toothbrush keeps teeth clean and white better than a soft toothbrush.

☐ True ☐ False

5. Care of first teeth (those gotten as a child) isn't important. You'll lose them anyway.

☐ True ☐ False

6. People get cold sores on their lips because they catch a lot of colds.

☐ True ☐ False

7. If people would stop eating certain foods (like onions) they wouldn't have bad breath.

☐ True ☐ False

8. Only the best toothpastes will clean, whiten, and keep teeth cavity-free.

☐ True ☐ False

9. A good mouthwash will stop bad breath and keep cold sores from happening on the lips or in the mouth.

☐ True ☐ False



CHECK THE FACTS

1. Many dentists say the **number** of times you brush isn't important. It's **when** and **how** you do it that counts.

The time to brush is after eating or drinking—anything! Brushing gets rid of leftover food and sugar stuck on and between the teeth.

2. White matter (calculus) sticks to teeth near the gums even after brushing. It's hard to see. But it's there—hardening.

Using dental floss each night breaks up white matter. Dental floss is a special white string you can buy at a drugstore. Floss gets rid of food and germs stuck in tight places between the teeth—places a toothbrush can't reach.

3. Many people lose their teeth because of gum and mouth diseases. Diseases are caused by poor care of the teeth and gums.

Brushing after eating is one way to take care of teeth and gums. Using floss each night also helps. Good care keeps teeth where they belong—in your mouth!

4. Hard brushes are good for cleaning floors, but not teeth. A hard brush can tear the gums and soft skin inside the mouth.

Use a toothbrush with a soft, flat brush.

5. The first set of teeth are important because they may last a long time. Some first teeth are meant to last till the teen years. Poor care can hurt the second teeth growing underneath.

All teeth should get the right kind of care.

6. Cold sores on the lips don't just come from colds. Doctors say they're caused by germs that

get into the body. You can get lip sores any time you pick up these germs—whether or not you have a cold.

No medicine can keep people from getting cold sores. But some medicines help heal them. Ask at a drugstore.

7. Some foods add to bad breath. But most bad breath comes from poor mouth care.

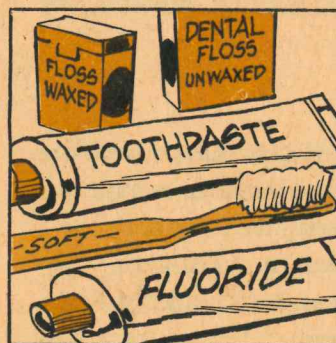
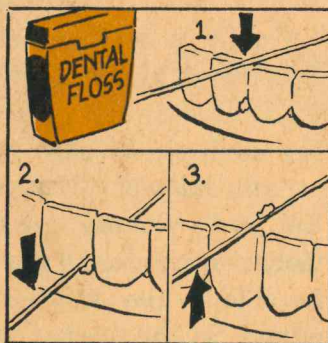
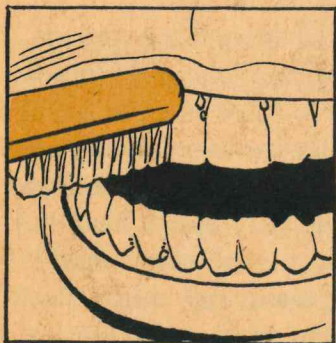
Daily care of the mouth and teeth is the best way to keep your breath smelling fresh. Lightly brushing the top of the tongue may also help if the taste of a food stays in your mouth.

8. No toothpaste works magic. Only daily care helps keep teeth clean, white, and cavity-free. Brushing and using floss are real cavity fighters.

Many dentists say toothpastes that have fluorides in them are best. Fluorides help protect teeth against cavities. But if you run out of toothpaste, get out the baking soda. Put some on your toothbrush. Then brush as usual. Baking soda will clean and whiten your teeth.

9. Some mouthwashes help kill a few germs. They can make your breath smell better for a while too. But they don't last. They can't stop the germs that cause lip and mouth sores. And they weren't meant to take the place of daily care.

Even with daily care, mouth sores still happen. To help these heal, mix a teaspoon of salt in warm water. When the salt melts, rinse your mouth with this mixture. Keep rinsing out your mouth until you've used all of the salt water. Do this daily until the sore is gone.



ALL the sentences on page 14 are FALSE. How did you do? Did your *ideas* about dental care match the *facts* on page 15?

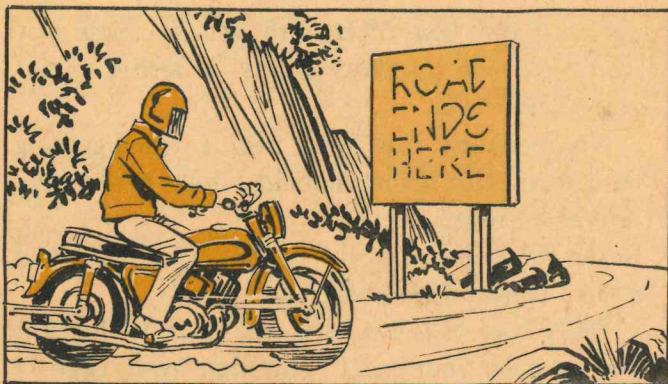
Dentists say that people who are careless about dental health are in trouble. Even two trips each year to a dentist may not help very much if there's poor care the rest of the time. And they say studies show that

millions of adults lose ALL their teeth by the time they reach middle-age.

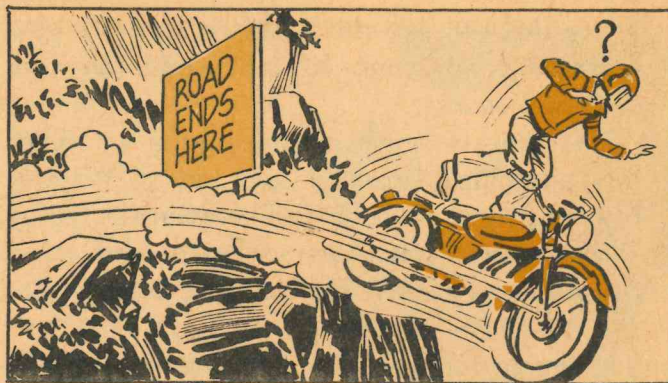
That's a long time away, you say? More than half of today's young people already have dental problems, say dentists. What will happen to these young people by the time they're adults?

Try sinking your teeth into that!

3. OUT OF SIGHT



No matter how you look at it ...



... not seeing right can cause problems!

SIGHT PROBLEMS

How do you know if you have sight problems? Sometimes it's hard to be sure. But if your eyes water a lot or are often red, these may be warnings. Rubbing your eyes because things look fuzzy may be a clue too. Check below for more clues to sight problems.

Farsightedness

People who are farsighted see objects clearly far away. But they have trouble seeing things close to them. Farsighted people:

1. May not be able to read the labels on packages of food, medicine, or other small objects.
2. May hold books, maps, or newspapers away from the body—at arm's length—when trying to read them.
3. May not like to do things that require good closeup sight like sewing, typing, drawing, or building models.

Nearsightedness

People who are nearsighted see things that are nearby the best. But they have trouble seeing objects that are far away. Nearsighted people:

1. May not be able to pass a driving test because they can't see well enough to read the highway or street signs on the road.
2. May not clearly see clocks, posters, or the writing on a chalkboard. May often ask friends for help in reading these.
3. May think the pictures on TV or at the movies look fuzzy or blurred. The pictures are clearer if the TV set is pulled closer.

TED'S TRUE STORY

Ted didn't do very well in school. The biggest reason was that he had trouble reading. He couldn't tell if certain letters and words were alike or different. Finally Ted just gave up. After that, he never tried to read anything unless someone made him.

Seeing the Problem

Ted's problem wasn't that he *couldn't* learn to read. He just couldn't *see* well enough to read. He'd been given eye exams at school many times. And he could always read the letters on the eye chart. Reading the eye chart showed he could see objects far away. But it didn't tell how well he could see things that were up close. So no one discovered that Ted saw things at a distance the best. He was farsighted.

Ted Gets Help

Finally a teacher noticed something unusual. Ted always held his book at arm's length when he tried to read. He seemed to have trouble seeing the words on the page. So the teacher called Ted's parents and asked them to have Ted's eyes tested. But Ted's parents said that they didn't have the money to pay for an eye exam. And they wouldn't be able to pay for any glasses Ted might need either! So the teacher talked to the school nurse.

The nurse called Ted's parents and told them about some special clubs and groups in their town. These clubs help people get the eye tests or glasses that are needed. The Lions club is one of these groups. With everyone's help, Ted got the eye exam and glasses he needed.

DO YOUR EYES HAVE IT?

Poor sight isn't the only kind of eye problem you can have. Here are some others that people often get.

A Black Eye. A black eye results from a blow to the eye area. The first thing to do is check the eye itself. If the eye itself is hurt—cut, scratched, or bleeding—a doctor's help is needed.

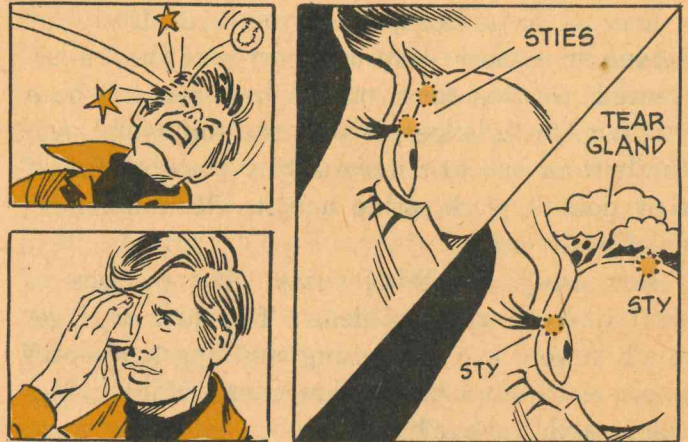
But if only the area around the eye is bruised, put a cold, wet cloth on it right away. The cold wetness helps keep down swelling. And the black (sometimes it's blue too) coloring should go away in a few days.

Pinkeye. Sometimes the white part of an eye (the sclera) looks pink or red. This happens when tiny blood vessels in the eye break. Eyes that are red because of these broken blood vessels are called *bloodshot*. Having bloodshot eyes can be a clue to eye diseases. One of these diseases is *pink-eye*.

Pinkeye happens when germs get into your eyes. The germs make eyes red, itchy, and watery. Your eyes may sting or feel like they're burning. When you wake up, you may find that pinkeye has made your eyelids stick together. This is because the eye gives off a sticky pus.

Like many diseases, pinkeye spreads fast. You can get it from other people who have this disease. Usually it won't hurt your sight. But it's no fun having it. A doctor can give the medicine needed to stop pinkeye germs.

Sties. Germs that cause pinkeye can attack the eyelids too. These germs get into the tiny sacs



at the edge of the eyelid. A small pimple or bump develops. This small bump on the eyelid is called a *sty*.

The same medicine a doctor gives for pinkeye will get rid of these sties. Sometimes doctors also suggest putting warm, wet cloths on the eyelid to get rid of a sty.

Sties can also develop farther back on the eyelid. These sties aren't caused by germs. They happen when one of the tiny eyelid sacs gets blocked. The same kind of small bump develops.

Since these sties aren't caused by a disease, medicine isn't needed. Many times these sties go away by themselves. And again, putting warm water packs on the eyelid several times a day will help.

But sometimes these sties don't go away. And they may be in a place where they scratch the eye itself. Then a doctor may have to remove the sty.

ANSWERS TO EYE PROBLEMS

Answer these questions by looking above or on page 16. Write the answers in the blanks.

- What kind of sight problem does a person have who can't see things far away?

- What kind of sight problem does a person have who can't see things close-by?

- Bloodshot or red eyes could mean two things:
 - _____
 - _____

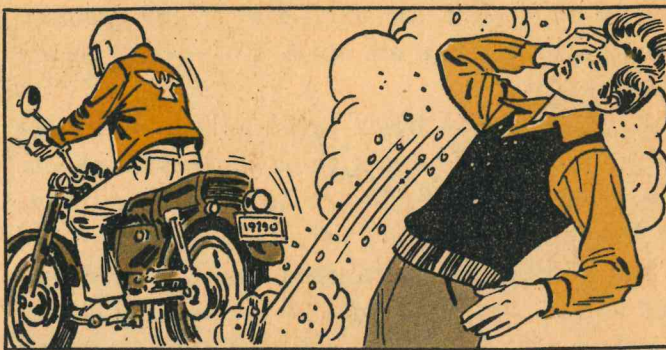
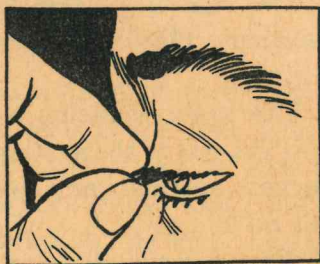
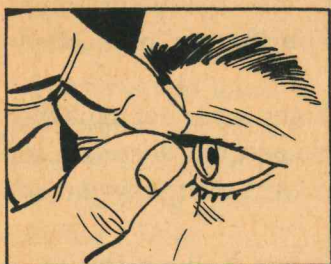
- What are some of the different clues that would help you know if you had pinkeye or something else?
 - _____
 - _____
 - _____
 - _____
- If you got hit in the eye area, why would you put cold wet cloths on the eye?

- There are two different kinds of sties. How do each of these happen?
 - _____
 - _____

ACCIDENTS CAN HAPPEN

Lots of things can get into your eyes. Dust, dirt—even an eyelash—can drop in where they're not wanted. Getting them out of your eye can be a problem. Usually people pull the top eyelid over the bottom one to remove a tiny piece of dirt. If that doesn't work, using a soft, clean handkerchief might help.

But using something fuzzy, like a piece of cotton, could add problems. The fuzz can get stuck in your eye. And using anything hard—stiff paper or toothpicks—is dangerous. Hard things can scratch the eye badly.



Eye scratches and cuts can happen in other ways too. Sometimes a piece of glass, wood, or a tiny stone flying through the air may accidentally hit and cut someone's eye. These objects can cause serious eye injuries. NO ONE should try to take care of this problem by themselves. Trying to remove something that's gotten stuck in or has already cut the eye could tear or damage the eye further. Help is needed—fast! Get to a doctor right away!

NEED EYE CARE? SEE AN O, O, OR O!

Looking for the right kind of eye care isn't difficult—but it can be tricky! If there's no emergency, some people check the yellow pages of their telephone book—under *O*. Why look for the letter *O*? Because some of the eye services that might be needed are listed under this letter.

One of these eye services is performed by an *optometrist* (ahp-TAHM-uh-truhst). An optometrist tests people's sight. The tests will show whether or not glasses are needed. If they're needed, it's time to look for another *O*—an *optician* (ahp-TISH-uhn).

An optician is a person who makes glasses. The glass is ground in special ways to help each person's sight. Then the glass is put into frames. Later, the optician will also fit the glasses so they won't slide off.

But suppose you suffer an eye injury or eye disease. Then you need an eye doctor. Optometrists and opticians are not doctors. They cannot treat eye problems.

To find an eye doctor, you must check through the yellow pages of a telephone book again. This time look under the letter *P* for *Physicians* (fuh-ZISH-uhns). Why look under the word *physician*?

Because *physician* is another name for doctor.

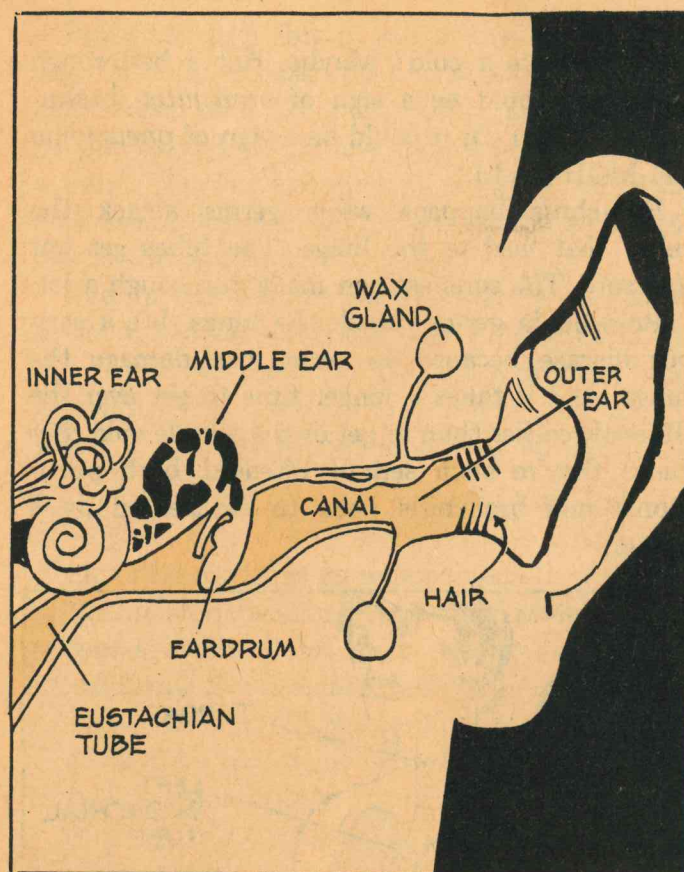
Go down the list of physicians' names. Find one who's an *ophthalmologist*. An ophthalmologist (ahf-thal-MAHL-uh-juhst) is an eye doctor. He will help take care of a sty, an eye injury, or give the medicine needed to stop an eye disease. Ophthalmologists can test your sight too.

FIND THE RIGHT HELP

WORD BANK: optometrist, optician, physician, ophthalmologist.

1. Sam injured his eye. He needs an eye doctor right away. Another name for an eye doctor is an _____.
2. An optometrist tested Carrie's eyes. She needed glasses. So she went to an _____ to have the glasses made.
3. Harry doesn't need a doctor. He just wants his eyes tested. So he looked in the phone book for an _____.
4. Jackie went to see a doctor because she had a serious case of the flu. Another name for a doctor is _____.

HAVE YOU HEARD?



You hardly know you've got them—your ears—until something goes wrong. Then they can ache and ache! Most earaches are caused by infections.

An infection often occurs when germs attack the ear canal or eardrum. Scratches in the soft skin lining of the canal or the eardrum let germs inside the ear. These scratches happen when hard objects—such as toothpicks or hairpins—are used to clean the ears. Any object that is sharp and pointed can rip the eardrum.

Water that's trapped in the ear canal can cause an infection too. Sometimes this happens to people who swim a lot. An infection caused by water trapped in the ear is sometimes called *swimmer's ear*.

Other ear infections come from colds. Cold germs travel up to the middle ear through an opening in the nose. The germs multiply and make the ear ache and feel full. It may be more difficult to hear too.

No matter what causes an ear infection, it can damage your hearing. That's why ear infections usually require a doctor's care.

TIPS ON EAR CARE

1. Wash the outer part of the ear and the opening of the ear canal daily. Use a soft clean cloth and soap and warm water. This helps wash away dust, dirt, and extra earwax too.
2. Dry your ears completely after washing, taking a shower, or swimming. If water gets trapped in your ear, roll your head to that side until the water runs out. Or lie down with that ear on a soft towel until the water runs out. But if your ear begins to hurt, see a doctor.
3. Never use hard, sharp, or pointed objects to clean or remove wax from your ears. Putting a small amount of warm mineral oil in the ear once in a while will help soften earwax so that it can be washed away. But hardened wax that *won't* wash out should be removed by a doctor. Mineral oil can be used to ease itching or pain caused by infection from colds.
4. Loud sounds can damage your hearing. Keep away from places where there are loud noises for a long period of time.

GET THE MESSAGE?

The sentences below can have one or two right endings. Read them. Put an X in the box in front of each ending that's right.

1. Putting hard objects in your ears can
☐ scratch them. ☐ clean them.
2. The best way to clean ears is to use
☐ hairpins. ☐ a cloth.
3. A hearing loss can be caused by
☐ loud noises. ☐ disease.
4. When earaches or hearing problems begin
☐ stay in bed. ☐ see a doctor.
5. Your ears collect dirt and dust from
☐ the pillow. ☐ the air.
6. Water that's trapped in an ear can cause
☐ an infection. ☐ an earache.

DO YOU KNOW WHAT YOU'VE GOT?

Have you ever ...



sneezed a lot ... had a cough ... or a sore throat?

What was wrong? Many people say these things happen when you have a cold. But did you know that many more serious diseases can start out like a cold?

Suppose you had a runny nose and you sneezed a lot. Maybe your mouth felt dry. And your throat hurt so much it was hard to swallow. What was wrong? Did you have a cold? You could have. But a very sore throat and difficulty swallowing could also be signs of—strep throat.

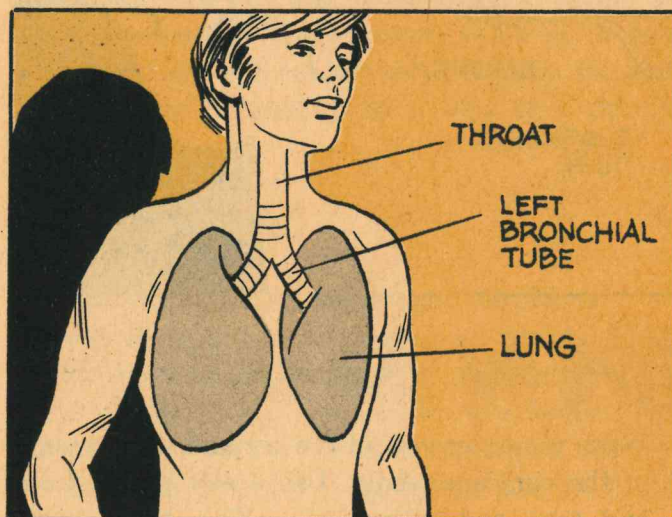
Strep throat is a serious disease. Its germs spread quickly. They can attack other parts of your body. If medicine isn't taken to stop strep germs, they can lead to a disease that damages your heart. Only a doctor can give the right kind of medicine that's needed to keep this from happening.

But suppose your throat doesn't hurt. Maybe you have a bad cough instead. Does this mean

you just have a cold? Maybe. But a bad cough that lasts could be a sign of *bronchitis* (brahn-KIGHT-uhss). Or it could be a sign of *pneumonia* (nu-MOH-nyuh).

Bronchitis happens when germs attack the tubes that lead to the lungs. The tubes get hot and sore. The soreness can make you cough a lot.

Pneumonia germs attack the lungs. It's a serious disease because its germs can damage the lungs. And it takes a longer time to get over the illness it causes than to get over a simple cold. Because they're such serious diseases, both pneumonia and bronchitis need to be treated by a doctor.



TAKE CARE OF YOUR COLD

Keeping warm, getting enough rest, and drinking liquids will do a lot to help get rid of a cold. But here are some extra tips for the sneezes, coughs, or stuffy nose that you may have when you get a cold.

- Cover your nose and mouth with a clean tissue or handkerchief when you sneeze or cough. Never use your hands. Throw the tissue away right after it's used. And wash your hands often. This won't make *your* cold better, but it'll help keep the cold germs away from others.
- If your nose and chest feel stuffy or tight, boil a pan of water. Put it on a table. Make a tent with a towel covering the pan and your head. Then

breathe in the steam, being careful not to get burned by the hot water. Putting warm, wet cloths on your nose, forehead, and cheeks may also help loosen a stuffed nose.

- For a cough, mix one teaspoon of lemon juice with two teaspoons of honey. Take a teaspoon of the mixture when needed to loosen a cough. It may help take the "tickle" out of your throat too.
- Even if you feel hot or have a fever, keep warm. Drugstores sell medicine that helps bring down a fever. Ask a store clerk.

Most colds last from about three to five days. If yours lasts longer or gets worse, be sure to see a doctor. Many diseases start out like a cold. Some of these are dangerous to your life.

DON'T LET THE FLU GET YOU!

Influenza (the flu) is one of the diseases that may act like a head cold. (Sometimes it never gets worse than this.) But other times it sends people to bed with muscles, head, and stomach aching! They may vomit (throw up) or run to the bathroom a lot. And having a fever can add to the rest of the problems.

Even a bad case of the flu usually goes away in about a week—with the right kind of care. The tips below may help you through a difficult time. But like colds, if the flu lasts a long time or gets worse, it may mean that something far more seri-

ous could be wrong. Then it's time to check and get help from a doctor.



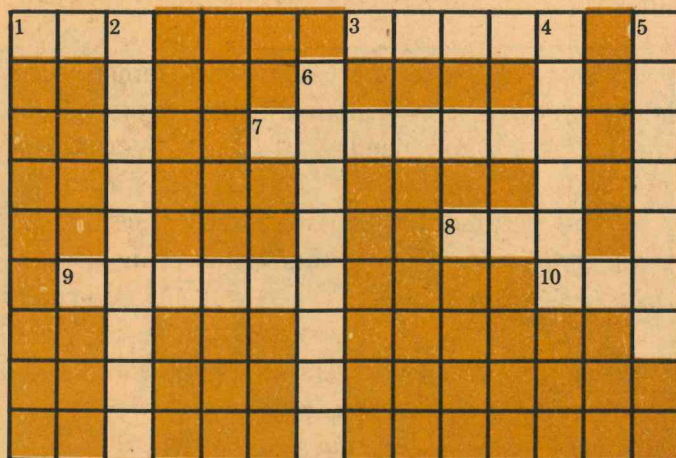
STOP VOMITING

1. Don't eat anything for several hours.
2. If throwing-up stops, drink one tablespoon of liquid. *Don't drink milk.* Water—or juice or soup that's been mixed with water—is best. Soda that's lost its fizz may be good too. Don't drink more than a tablespoon at a time. And be sure to drink slowly. Drink another tablespoon every 20 or 30 minutes.
3. If the liquid is kept down for at least two hours, start taking *two* tablespoons of liquid at a time. Do this every 15 or 20 minutes for four to six hours.
4. If the above works and there's still no vomiting, eat one soda cracker. Later another one can be eaten.
5. If vomiting starts again, stop all food and liquids. Begin the whole thing over again—but more slowly.

STOP DIARRHEA

1. When *diarrhea* (digh-uh-REE-uh) happens to people, they spend a lot of time running to the toilet. If you get diarrhea, stop all food, including milk.
2. Take liquids, just as explained in the tips to stop vomiting.
3. Wait about five hours. If the diarrhea seems to have stopped, try cooked carrots. Eat only one at a time, about four hours apart.
4. If the diarrhea still doesn't return, try eating the carrots oftener.
5. If diarrhea continues for a long time (a day or more), get a doctor's help. Diarrhea that goes on and on weakens the body because so much needed fluid is lost.

FIND THE RIGHT WORDS TO FINISH THE PUZZLE



WORD BANK: tissue, liquids, pneumonia, tip, flu, vomit, doctor, diarrhea, eat, carrots.

ACROSS

1. a suggestion or idea
3. to throw up
7. soups and juices
8. influenza
9. a physician
10. You can food.

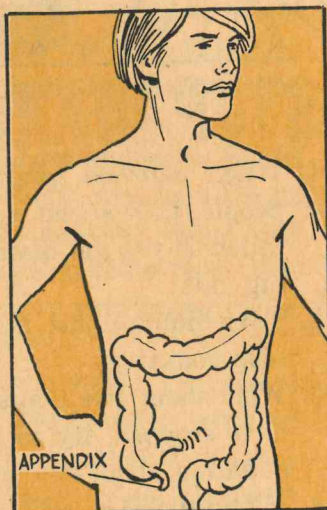
DOWN

2. a lung disease
4. Sneeze into a
5. vegetables
6. If you must go to the bathroom a lot, you may have

WARNING! DANGER AHEAD!

Don't be fooled by a stomachache. You can have stomach pains for different reasons. That's why it's important to wait awhile before trying to do anything about a stomachache.

One serious reason why you might have a stomachache is called *appendicitis* (uh-pen-duh-SIGHT-uhs). Appendicitis happens when the appendix is attacked by germs or gets blocked by body wastes. The appendix gets hot and sore and swells up.



At first appendicitis may act like a stomachache. Some people throw up. Later the whole abdomen may hurt. Then the pain changes. It comes mostly from the lower right side of the body. The area hurts a lot when it's touched. This is the area right over the sore appendix.

Appendicitis can happen to anyone. Because it may act like a stomachache at first, watch out!

DON'T eat or drink anything.

DON'T take any medicine.

DON'T take anything to make you go to the bathroom.

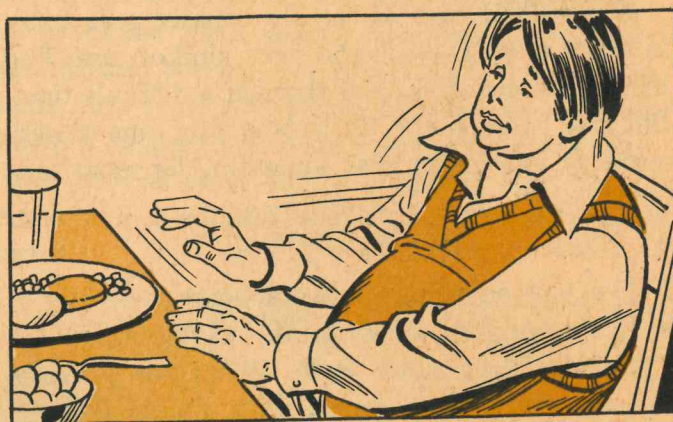
If you think you have appendicitis, GET TO A DOCTOR OR HOSPITAL FAST.

Appendicitis doesn't just go away. It gets worse. If a doctor doesn't remove the appendix, it could break open, spreading germs through your body. This means your life could be in danger!

Luckily, most stomach pains aren't caused by appendicitis. Maybe you have a stomachache for a different reason. Did you eat too fast? Did you eat too much? Then try . . . Wait a minute! Overeating is *your* problem. No one can make

you stop. But practicing this exercise could help:

1. Put your hands on the edge of the table in front of you.
2. Push hard! Push yourself away from the table and all food.



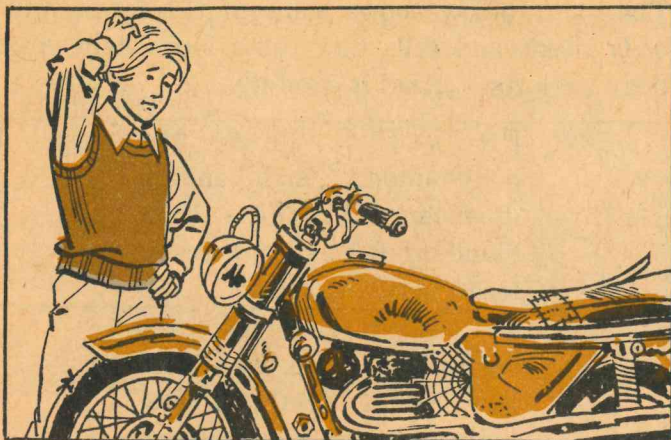
Besides overeating, stomachaches can be caused by *constipation* (kahn-stuh-PAY-shun). Being constipated means that your body isn't able to pass off dry, hardened wastes. Sometimes constipation can cause a headache.

Constipation can occur when the body doesn't get the right kind of exercise. Not eating the right foods can cause constipation too. Vegetables, especially leafy green ones, can help keep you from being constipated. Eating fruit and certain cereals will help too.

But if constipation continues, taking a tablespoon of mineral oil at bedtime may help. Drug-stores also sell medicines called *laxatives* to help people with constipation. Laxatives (LAK-suh-tivss), like many medicines, shouldn't be used too often.



4. TURTLE OR TIGER?



"Turtle" Miller learned a hard lesson. But it cost him plenty! Turtle saved every cent he could get his hands on for two years. Then he bought himself a motorbike.

Six months later, his troubles started. The bike was always breaking down. Why? Because Turtle didn't take care of it. He hadn't been careful about changing the oil or having it greased. Parts wore out.

But the bike wasn't much different than Turtle. He was wearing out too! The reason—Turtle didn't take any better care of himself than he did the bike. He didn't get enough sleep or exercise.

How much is enough? That depends on each person. But doctors say exercise and particularly sleep are most important during two periods of great growth and change. One of these times is during the first year of life. Do you know when the second period is?

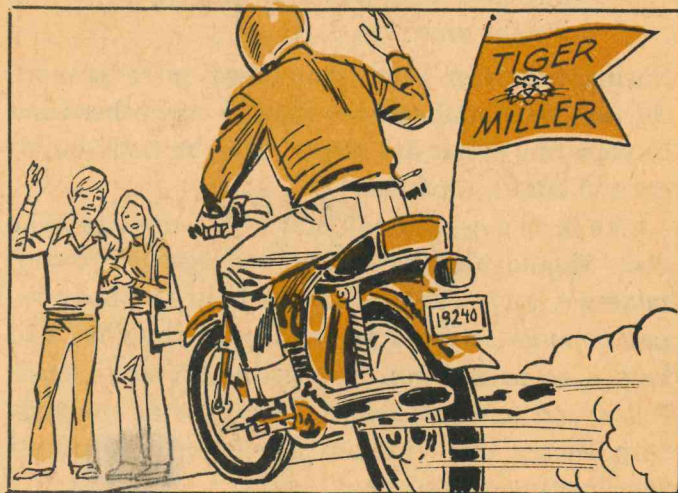
During the teen years! That's right. During these years, your body is growing and changing faster than it has since you were a child. Some teens grow as much as 4 inches a year.



Why is sleep important to growth? Doctors say the body needs rest so it has time to build bones, blood, and muscles! During rest, the body repairs damaged parts and fights off germs trying to attack. (That's why rest is important when you're sick.)

Besides sleep, the body also needs exercise. Exercise helps the body and its parts work together smoothly. It helps strengthen growing muscles. Without exercise, muscles can grow weak and flabby. Weak muscles slow the body down. Miller hadn't used his muscles in months. That's one reason why he moved with the speed of a turtle!

Miller learned a lot about motorbikes the hard way. What's more important is that he learned a lot about himself—how much rest and exercise he needed. What happened to him? Ask anyone and they'll tell you about "Tiger" Miller!

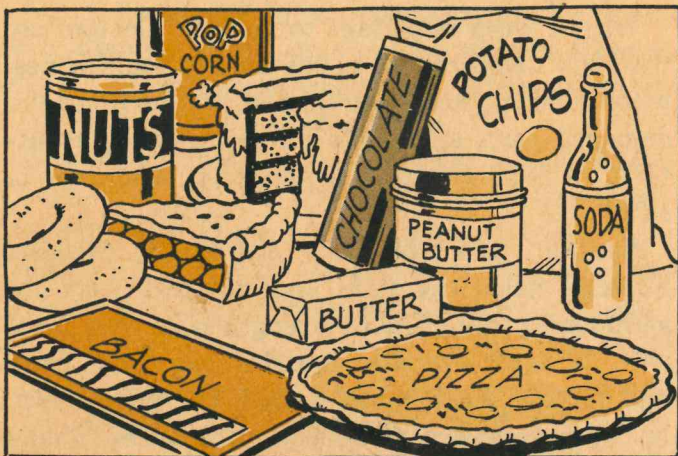


ASK YOURSELF!

Read and think about the questions below. Then talk about your answers in class.

1. Do you get yourself up in the morning, or does someone have to call you so you aren't late for school?
2. Why do you think diseases attack and seem to happen more often to people who don't get the rest that they need?
3. Do you get enough exercise every day? What kinds of things do you do each day to get that exercise?

FOOD FOR THOUGHT



Doctors say that poor eating can cause:

- poor work at school and on the job
- difficulty getting along with others
- a lack of energy
- poor thinking
- lack of body growth and repair
- difficulty fighting off disease
- weight problems

During the teen years, you need more *protein*, *calcium*, *iron*, and *calories* than at any other time in your life. What are these? They're body-builders and energy producers!

The body's needs don't end with these four. The body should also have *fats*, *salt*, *carbohydrates*, *minerals*, and *vitamins*. These help the body repair wounds, keep eyes and skin healthy, and help keep people from getting mouth sores, headaches, and upset stomachs. They provide the body with energy too. Vitamins also help keep people from getting nervous and upset.

Studies show that many young people eat enough food—but the wrong kinds of food. Food such as potato chips, soda, french-fried potatoes, candy, popcorn, or other snacks may fill you up. But they don't have all the *food values* your body needs. They may make you fat, but they won't keep you healthy!

Would taking vitamin pills help? Doctors say that if you eat the right foods, you don't need vitamin pills. And some new studies show that too many vitamin pills can harm different parts of the body—not help them.

Why not try this food for thought: "Eating correctly is one of the best things you can do for yourself."

DAILY FOOD CHART

The chart below shows some of the foods your body needs and tells how these foods help your body work right. Read it carefully.

PROTEINS. These are body-builders and energy producers. Proteins are found in fish, eggs, cereals, meat, nuts, and beans.

VITAMINS. These help heal wounds and keep eyes, skin, hair, bones, teeth, nerves, nails and even your tongue healthy. They help keep the digestive system working right too. Vitamins are found in fruits, milk, vegetables, cheese, fish, cereal, and meats.

MINERALS. These help the body build bones, teeth, and blood. They're found in dairy products, leafy vegetables, and seafoods.

CARBOHYDRATES. These supply our bodies with energy. They're found in cereal, bananas, sugar, honey, and potatoes.

FIX IT YOURSELF!

Plan your meals for a day. What foods would you pick for each meal that would give you the best food value? Write them below.

Breakfast Cream of Wheat
Orange Juice
Milk

Lunch Tomato Juice
Mixed Apples
Apple

Dinner Chicken, Carrots
Salad
Milk

January 26, 1978

WHO AM I?

OK

(R)



Jason: *I can't figure out what's wrong. Sometimes I feel like I'm going to blow up.*

Sandy: *Not me! I feel sad—like I want to cry all the time.*

Jacky: *I feel lonely. If I only had someone close I could talk to.*

These young people are talking about some of the problems young people often have as they grow older. They're trying to understand how others feel, how *they* feel, and why they act the way they do. Why? Because the teen years bring many changes. These changes can be difficult to understand.

As young people approach the teen years, their bodies change rapidly. A girl's breasts develop. And boys develop facial hair at the same time their voices are changing. All these changes mean that a young person is becoming an adult. But sometimes the changes happen so fast that teenagers don't know what to expect—from others or from themselves.

Often people begin to treat teenagers differently too. They want teenagers to act in certain

ways. Some of these people believe teenagers are already adults. And they expect teens to think and behave the way adults do. But other people think teenagers are still children. And they treat the teens this way. Because of this, many teenagers get mixed-up! They're not sure who they are, how they feel, or how they are supposed to act.

Many young people suffer through these changes in silence. They often think they're the only ones with problems. And many times they are afraid to talk to anyone about their problems because they don't think anyone will understand. Have you ever felt this way?

But being silent may not be the right way to handle problems. A good way to try to understand what you and other young people are going through is to talk about your concerns. In this way, you may be able to help each other. Sharing your ideas and feelings may help you understand what others are going through.

Problems or worries won't disappear this way. But sometimes it helps to hear a friend say, "I know just what you mean. I feel that way too."



SHARING IDEAS AND FEELINGS

The sentences below can be finished any way you want. There are no right or wrong answers.

1. I like myself because I have the idea of doing whatever turns me on.

2. Sometimes I worry a lot about friends of mine in school because either they come and not listen to me, or they stop coming.

3. I really get angry when people feel that I am then wrong answers we say that I couldn't do favors for them.

4. I feel happiest when I'm getting a particular job that I wanted such as the print in a machine in the R.C.P. office.

5. In the future, I want to teach others about my experience in math, writing, or what I've done I accomplished.

Great!

SEVEN DANGEROUS DISEASES



SHOOT DOWN DISEASE

Seven very dangerous—even deadly—diseases are shown above. But they can be prevented. The problem is that some people believe these are “children’s diseases.” They think only children get them. And they don’t know protection is needed for older people as well. That’s a big mistake! These diseases are dangerous no matter how old you are. And they can be stopped so easily! All that’s needed is a few minutes of time and a *vaccination*.

A vaccination (vak-suh-NAY-shun) puts a small amount of weakened germs into your body. Usually this is done by giving you a shot in the upper arm. The germs are too weak to hurt you. But they help your body build up a strong defense against the real disease. Then if the real disease goes around, you won’t get it. Your body has already built up the needed protection against its germs.

The chart on the next page tells about each disease and what it can do to your body. It also tells when you should be vaccinated or when you might need a booster shot. Read the chart carefully. Then keep a record of your own vaccinations by completing the box at the right.

CHECK YOUR PROTECTION

Disease	Date of Last Vaccination	Need a Booster?
1. Diphtheria	_____	_____
2. Whooping Cough	_____	_____
3. Tetanus	_____	_____
4. Polio	_____	_____
5. Measles	_____	_____
6. Rubella	_____	_____
7. Mumps	_____	_____

DISEASES YOU DON'T HAVE TO GET

DISEASE	WHAT IT CAN DO TO YOU	WHEN TO BE PROTECTED
1. Diphtheria	Attacks the throat making it hard for air to reach lungs. Produces a poison that damages the heart, nerves, kidneys. Can lead to death!	Children under six years old get Diphtheria, Whooping Cough, and Tetanus in one shot. Diphtheria and Tetanus given any time after that to others.
2. Whooping Cough	Starts with a cold and cough. Sometimes cough worsens causing bleeding in eyes, brain, and skin. May lead to other diseases that damage brain and muscles.	Given with the Diphtheria shot if under six years old. May be given to others at any age if they've been around someone with the disease.
3. Tetanus	Germs enter body through any wound, attacking muscles of jaw, neck, and throat. Breathing becomes difficult. Poisons attack body's muscles. Almost always deadly!	Given with the shots above and <i>every</i> ten years after that. A <i>booster</i> (an extra shot) is often given right after an injury.
4. Polio	Begins with fever, upset stomach and stiff neck and back. Germs attack muscles making breathing or moving difficult. Untreated—can cause death!	Given three times at ages two, four, and six months. Given again at 18 months old. A booster between four and six years. Given any time for other people.
5. Measles	Usually a mild disease but can last ten days with high fever, red rash on body, white spots in mouth, and reddened eyes. Can lead to illnesses which damage brain, ears, and lungs.	Given to all children before they're six years old. Given any time after that for young people and adults.
6. Rubella (German Measles)	Usually a mild disease with a low fever and red rash on body. Dangerous for pregnant women as it can cause blindness, deafness, or brain damage in unborn babies.	Given to all one-year-olds. Given any time for others if it's thought to be needed. NEVER given to a teen girl or woman who is pregnant.
7. Mumps	Usually a mild disease but can block air passage making breathing difficult. If a male gets it, he may not be able to help produce children.	All children between one and 12 years old. Given any time for others after checking with a doctor <i>first</i> .

CHECK THE SIGN AND THE TIME


Date	9/9/99
Name	Jess J. Jackson
Address	357 Tree Lined Road, Newtown
	Acetaminophen, 325 mg. or 5gr. #100
Refill	Sig: Tabs 2 3 or 4 times a day
2	W.W. Whosezso, M.D.

The medicine from a drugstore shelf may help you get rid of a simple headache, stomachache, or cold. But it wasn't meant to stop serious diseases. Powerful drugs are needed to fight these diseases. But powerful drugs could also hurt your body if they're used in the wrong way. That's why our laws keep these drugs from being sold on drugstore shelves.

How do you get the medicine you need if you're seriously ill? You must get a prescription from a doctor. A *prescription* (pri-SKRIP-shun) is a written order from a doctor letting you buy and use a powerful drug. Only a doctor can write a prescription. And only a pharmacy can sell the drugs a doctor orders.

A *pharmacy* (FAHR-muh-see) is usually a part of a drugstore. The person who works there is called a *pharmacist*. Pharmacists are trained and licensed to prepare and give out the drugs ordered by a doctor. The pharmacist also keeps a record of all the prescriptions that are filled.

When a pharmacist reads the medicine, a label is put on it. The label tells what the medicine is and how it's to be used.

 FIELD'S PHARMACY 164 DOWNTOWN STREET PHONE: 395-1974	
No: 39510	Date: 9/9/99
Acetaminophen, 325 mg.	
Take 2 tablets three or four times a day for aches.	
Refills: 2	Dr. Whosezso

Everyone knows that medicine is used to help sick people get well. But sometimes medicine is accidentally taken in the wrong way. It's easy to understand why this happens to small children. They can't read or understand the drug labels. But did you know that many *adults* get sick from using drugs the wrong way?

These people forget that ALL drugs can be dangerous. It doesn't matter if it's a prescription drug or one off a shelf. Used in the wrong way, any drug can end up hurting your body instead of fighting disease.

Doctors suggest that all drugs be kept out of reach of young children. But they also suggest four other important rules everyone should follow for handling any kind of drugs in the home. Here they are:



1. Be sure all medicine is plainly labeled. This includes the name of the medicine and directions for its use. All prescription drug labels should also have the name of the person who'll be using the medicine.
2. Follow the directions on all medicines carefully. This means the directions should be read each time the drug is taken. Never take or give medicine in a dark room. You might make a mistake.
3. Medicine that a doctor orders for one person shouldn't be given to someone else, even if they seem to have the same sickness. Always check with a doctor to see if medicine left over from one illness can be used for the same illness later on.
4. If medicine is ordered by a doctor, ask the doctor what might happen when the medicine is taken. Sometimes drugs do unexpected things to a person's body. A doctor should tell you what each drug does and how the drug will act when it's taken.

Ophthalmologist - eye doctor

Pediatrics - doctors who treat children

geriatrics - doctors who treat old people

DOCTORS AND HOSPITALS

Many people go to a city clinic for medical care. Many of these clinics help people who can't pay for costly care elsewhere.

Hospitals provide one of the most costly kinds of health care. But to help cut these costs, most working people have a hospital insurance plan. This plan pays for part or all of the hospital costs. It may even pay for Emergency Room care. A hospital Emergency Room is open 24 hours a day to give help fast!

dermatologist - skin doctor



Physicians & Surgeons (M.D.)

Anderson, Alex A.
Family Practice
467 Anders Road674-2904

Betts, Jefferson
Ear, Nose & Throat
34 Main Street673-4857

Gerry, Joseph
Ophthalmologist
83 Main Street673-2847

Kane, Janice
Family Physician
153 Main Street673-4981

Lewis, L. Thomas
Dermatologist
47 Pine Street475-2047

Physicians & Surgeons (M.D.)

Olin, Ollie O.
General Surgery
53 Main Street673-2048

Potts, Clarence
Pediatrician
53 Wilson Avenue573-2947

Rivers, Kay R.
Allergist
22 Main Street376-1827

Whistle, Jack P.
Internal Medicine
95 Main Street673-2971

Wind, William W.
Psychiatry
66 Main Street673-2954

Hospitals

City Memorial Hospital
20 Left Street394-1932
Emergency Room394-1900
Flower Shop394-1903
Bills394-1904
Nurse's Office394-1905

Kind Oaks Rest Hospital
44 Brown Road396-1039

St. John's Hospital
40 Main Street391-3302
Emergency Room391-3300

View Psychiatric Hospital
32 Shady Road396-4017

Winds Memorial Hospital
54 Lawn Avenue393-5840

WHO DOES WHAT?

Suppose you're new in town. And you want a doctor. You look in the phone book and—wow! Which doctor do you pick? There are so many different kinds.

Some doctors are *family physicians*. They treat the usual illnesses and injuries people get. But other doctors are *specialists*. Specialists treat the illnesses of only certain parts of the body—like your eyes or skin. Or they may specialize in taking care of people of a certain age—like babies or very old people. And some specialists, *surgeons*, only perform operations.

At some time in your life you may need one of these specialists. Knowing which one to go to will help you get the right kind of health care. Check the listing of physicians and surgeons above. Their specialty is given below their name. If you're not sure of the kind of help they give look in a dictionary.

CALL WHO?

The names of some special doctors are given below. Put the right letter in the blank next to the words that tell what the doctor does.

A. surgeon	<u>D</u> baby doctor
B. ophthalmologist	<u>E</u> cares for allergies
C. dermatologist	<u>B</u> eye doctor
D. pediatrician	<u>A</u> performs operations
E. allergist	<u>C</u> skin doctor

- Mrs. Jackson's baby suddenly became ill. So she called a pediatrician.
- Bob had his appendix taken out by a surgeon at City Hospital.
- Jan's eyes were red and sore from pinkeye. So she went to an ophthalmologist.

CALL THE RIGHT NUMBER

OK

There are many kinds of health care services besides those provided by hospitals. And it's important to be able to find the kind of service needed—especially in an emergency.

One quick way to find the help you want is to look in the Yellow Pages of a phone book. Some of the health services found in a phone book are shown on this page. Check to see how each of these services is listed.

You might want to check your own phone book to see which services are found in your city or town. Keep a record of the numbers you need by filling out the bottom section of the next page under Health Care Numbers.

Knowing who to call or where to go could save a lot of time. And in an emergency, it could save a life!

Ambulance Service

City Ambulance Service

Open 24 hrs. a day
18 Oak Street394-4500

Kott Ambulance Service

52 Park Avenue395-2290

Park Ambulance Service

Call Day or Night
248 Jones Street 391-5031

Clinics

Town Health Center, Inc.

98 Main Street395-9301

Community Mental Health Center

Call for Appointment
303 Main Street395-0938

Child-Care Health Center

90 Brush Street390-7561

Services for Youth, Inc.

24 Main Street395-0800

Windy Private Health Clinic

100 Flower Lane390-2651

Dentists

Anderson, John T.

35 Main Street395-4200

Chase, M. B.

68 Main Avenue394-3284

Grower, William

190 Tree Street390-2400

Holder, Thomas

47 File Avenue390-2197

Kind, Jeff

22 Turn Road395-9181

Picker, S. Marion

48 Swan Road395-2763

Pharmacies

Anderson Pharmacy

44 Pitts Avenue394-5678

Bert's Prescription Center

59 Jones Avenue392-7593

Field's Pharmacy

99 Rain Road393-2276

Find's Pharmacy

809 Main Street392-9436

Goodson & Son Pharmacy

33 Sundance Avenue393-3400

Opticians

Care Optical Co., Inc.

22 Main Street394-3208

Harold & Louis Co.

46 Town Street394-3901

Kind Optical Company

410 City Avenue394-3756

Wand & Wand Opticians

56 Leaf Avenue392-5374

Wynd & Sons, Opticians

44 Windy Hill Rd.392-2764

Zest & Zest Optical Co.

501 Blossom Hill392-4628

Optometrists

Denton, James C.

14 City Street397-5200

Potts, Carl J.

43 Maple Shade Road397-5847

Winters, Sam C.

22 Pine Avenue395-9475

Yeller, Sandra A.

99 Sunny Lane391-3698

Zanner, M. Jay

57 Long Street391-2471

CHECK THE YELLOW PAGES

Can you help these people find the kind of health services they need? Read the sentences below carefully. Check the sample phone book listings on this page. Then put the right name or number in the blank in the sentences.

1. Carlos saw a bad accident on Oak Street. The injured people needed help fast. So he called the closest ambulance service. Its name was City Ambulance Service.
2. Sherry had a toothache and needed to see a dentist. She checked the phone book and called the first one on the list. His phone number is 395-4200.
3. Ted lived on Rain Road. He needed more medicine for his cold. Since the Field's Pharmacy was close by, he called to see if they'd deliver the medicine.
4. Kay needed to have her eyes tested by an optometrist. She chose Dr. Winters because his office was close to her home. She called 395-9475 for an appointment.
5. Teenage Terry Towland needed some help but didn't have enough money to pay for health services. So he called the Town Health Center. Their number is 395-9301.

OK

PERSONAL HEALTH RECORD

Name Martin Felsenfeld
 Address 701 N. Laura St.
 Telephone Number (714) 529-0421
 Date of Birth March 23, 1960
 Month Day Year

Date of Last Tetanus Vaccination _____

Operations (tonsils, appendix, or other)
 Kind _____ Date _____

Major Injuries (large burns, broken bones)
 Kind _____ Date _____

Major Illnesses (pneumonia, tuberculosis)
 Kind _____ Date _____

Heart Failure April, 1960

Known Allergies (medicine, stings, others)

Family Health History

Has anyone in your family ever had:

Heart Disease? ☐ Yes ☒ No

If yes, who? _____

Cancer? ☐ Yes ☒ No

If yes, who? _____

Diabetes? ☐ Yes ☒ No

If yes, who? _____

Special Health Problems

Vision problems? ☐ Yes ☒ No

If yes, do you wear:

☐ glasses? ☐ contact lenses?

Hearing problems? ☐ Yes ☒ No

If yes, do you use a hearing aid? _____

List any other special problems you may have:
none

In Case of Emergency Call:

Name Robert & Ruth Felsenfeld

Address 4091 Geneva Ave.

Telephone Number 996-2342

HEALTH-CARE NUMBERS

Dentist

Name Dr. Norman Beyer
 Address 16315 Whittier Blvd., Whittier
 Telephone Number (213) 691-0608

Family Physician

Name Dr. Richter (La Mirada)
 Address La Mirada Blvd.
 Telephone Number (714) 521-1070

Ophthalmologist (Eye Doctor)

Name _____
 Address _____
 Telephone Number _____

Optician

Name _____
 Address _____
 Telephone Number _____

Optometrist

Name Dr. Arnold Litten
 Address Genco, 4100 Harbor Blvd.
 Telephone Number (714) 871-3550

Pharmacy

Name Bi-Pite Pharmacies Inc.
 Address 340 Harbor Blvd.
 Telephone Number (213) 691-0539

Clinic

Name N. O. C. Child Guidance Center
 Address 2050 Youth Way, Fullerton
 Telephone Number (714) 871-9264

Hospital

Name La Habra Community Hospital
 Address 1251 W. Lambert Ave., La Habra
 Telephone Number (213) 694-3838

Hospital Emergency Room

Name _____
 Address _____
 Telephone Number _____

Emergency Services

Ambulance _____
 Fire Department (213) 870-8922
 Police Department (213) 870-8922

EASY-TO-READ SCIENCE BOOKS

Science Tutor Books

- Learn About Atoms
- Learn About Molecules
- Learn About Machines
- Learn About Energy Conversions
- Learn About Electricity
- Learn About Genetics

Pal Health Books

- The Body Machine—Parts & Functions
- The Body Machine—Care & Maintenance